

Mental health in Western Australia

What's happening?

In Western Australia:

One person dies every day by suicide. That's more than the road toll.

Nearly 3 out of 4 deaths by suicide are male.

WA's suicide rate was approx 20 per cent higher than the national average in 2016.

A big risk factor for suicide and self-harm is having a mental health issue.

We can reduce the risk of suicide by treating mental health issues early, by building resilience, and improving the overall mental health and wellbeing of Western Australians.



1 IN 5 AUSTRALIANS WILL HAVE A MENTAL HEALTH ISSUE EACH YEAR

 **\$9.0** BILLION

WAS SPENT ON MENTAL HEALTH SERVICES IN AUSTRALIA IN 2015-2016



Where to get help?

If you or someone you know is in a life threatening situation, or is at risk of harm to themselves or others, call 000.

Getting help early can make a difference. A good place to start is:

- Talk to your GP or someone you trust.
- Call a support line.
- Contact a support service.
- Try the Think Mental Health check-up tool.

Looking after your mental health and wellbeing

Looking after your mental health and wellbeing is just as important as looking after your physical health.

It's normal to have ups and downs in life, it happens to all of us. Looking after your mental health enables you to function well and be able to cope when things aren't going so well.

Little things you can do include:



SPEND TIME WITH FRIENDS, LOVED ONES & PEOPLE YOU TRUST



GET ENOUGH SLEEP



TAKE TIME OUT & ENJOY YOUR HOBBIES



KEEP ACTIVE & EAT WELL



TALK ABOUT OR EXPRESS YOUR FEELINGS REGULARLY



REDUCE ALCOHOL CONSUMPTION



AVOID ILLICIT DRUG USE



Signs and symptoms of mental health issues

- ✱ Noticeable change in usual behaviour.
- ✱ Feeling down for some time and not getting better.
- ✱ Problems sleeping.
- ✱ Lack of energy and motivation to do everyday things.
- ✱ Major changes in eating habits.
- ✱ Withdrawal from friends and activities.
- ✱ Increased use of alcohol or other drugs.


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For more information visit
thinkmentalhealthwa.com.au